

## 840 Get Out Challenge

The City of Idaho Falls Parks and Recreation Department and Safe Routes to School challenges you to be active for 30 minutes every day for 28 days. It's called the 840 Get Out Challenge between May 11 and June 7. 840 represents the total activity minutes achieved if you accomplish the daily goal, every day. The City of Idaho Falls Parks and Recreation Department will be giving all individuals, who log 500 or more activity minutes, the official 840 Get Out Challenge sticker. Your activity minutes can be achieved by bicycling, longboarding, walking, jogging, or even doing the crab walk, google it, etc. Our goal is to inspire you to move a little more, whether on wheels or feet.

As you get out and about we want you to first and foremost be safe. Here are some general reminders about being safe while bicycling, walking or other modes of being active.

### SAFETY

- Social Distancing
- Wash your hands when you get home
- Wear Helmet
- Wear good shoes
- Wear bright clothing for visibility
- Use hand signals
- Follow the traffic laws when riding bikes



Official Sticker

Redeem Sticker at 520 Memorial Drive, Idaho Falls, starting June 8, Monday's June 8am-12pm or Thursday's 1pm-5pm.

Questions can be direct to the Recreation Center at 612-8489





Use the log chart below to log your minutes. Log charts will be presented to Parks and Recreation Department to redeem your sticker. Starting June 8, redeem on Monday's June 8am-12pm or Thursday's 1pm-5pm.

<b>Name:</b>	<b>"It's the unknown around the corner that turns my wheels" – Heinz Stucke</b>	
<b>Date</b>	<b>Activity</b>	<b>Total Minutes</b>
May 11		
May 12		
May 13		
May 14		
May 15		
May 16		
<b>"Life is like riding a bicycle. In order to keep your balance, you must keep moving" - Albert Einstein"</b>		
May 17		
May 18		
May 19		
May 20		
May 21		
May 22		
May 23		
<b>Your awesome! Keep up the good work! "If it doesn't challenge you, it doesn't change you" - Unknown</b>		
May 24		
May 25		
May 26		
May 27		
May 28		
May 29		
May 30		
<b>"I don't ride a bike to add days to my life. I ride a bike to add life to my days" – Unknown</b>		
May 31		
June 1		
June 2		
June 3		
June 4		
June 5		
June 6		
June 7		
<b>You did it! Celebrate "Exercise equals endorphins. Endorphins make you happy" - Unknown</b>		
<b>Total Minutes:</b>		

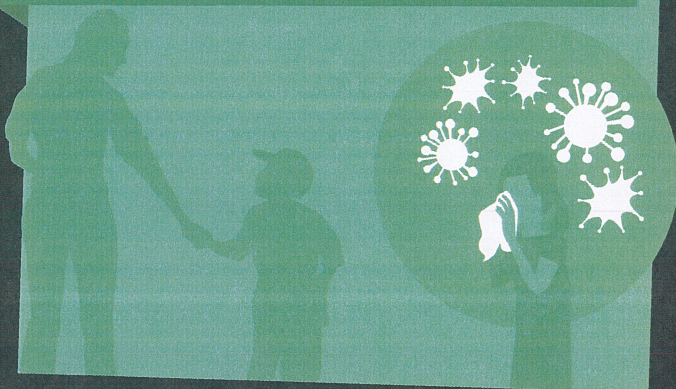




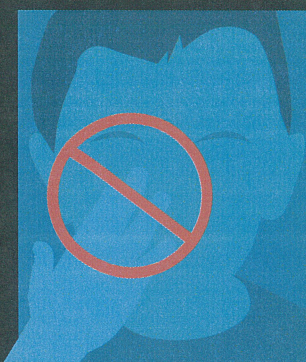
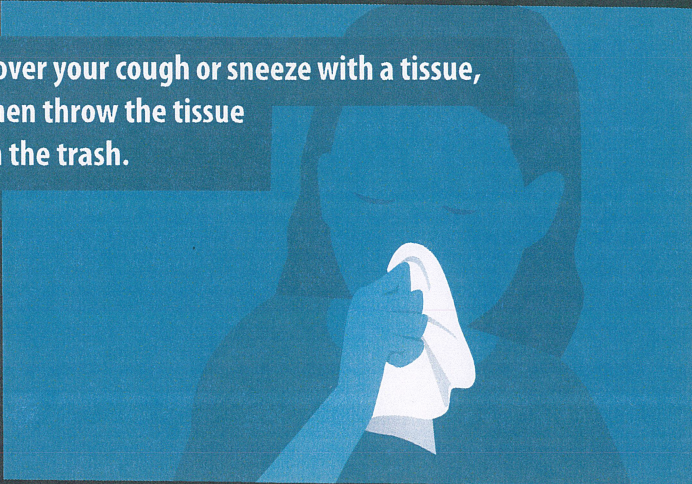
# Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

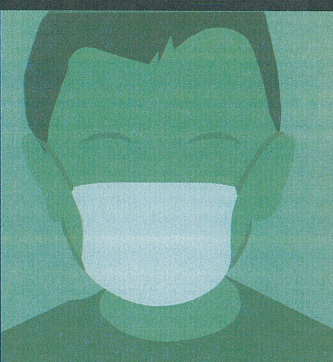
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



When in public, wear a cloth face covering over your nose and mouth.

Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)